

## Why Do Japanese Women Live the Longest and Don't Get Fat?

### Different attitude to food and dieting among Japanese women

Japanese women are raised to enjoy food and consume a wide variety of foods; they are not as concerned about dieting as their Western counterparts. Also, 'incidental' exercising such walking everywhere keeps the Japanese slim and being active is a part of the daily routine.

One thing is that they are obsessed with their work ethics. They are addicted to the work which stays them active throughout whole day and throughout their life which is also a key factor for long life.

Quora

### No bread, just rice

Japanese diet doesn't feature any bread. Instead, steamed rice is served with every meal, which eliminates the consumption of refined wheat flour. These days, plain rice can be easily replaced by the more healthy brown variation (See the 'Limitations' below). Quora

### Diet based on fish, soy, rice, vegetables and fruit

A home cooked Japanese meal is the key to success. Forget about complicated restaurant meals that take a long time to master – a traditional meal in Japan usually consists of some grilled fish, a bit of steamed rice, simmered vegetables, a bowl of miso soup, and green tea



### Small portions served in Japan

Have you noticed that the food you get in a Japanese restaurant comes in small, pleasing to the eye bowls, and it satisfies you despite the smaller portions? Presentation is important in Japan and the rule is to enjoy your food slowly. Other things that help you slow down and eat less include:

- The plates are not completely filled.
- Each dish is served on its own plate.
- Food is arranged in a way to show its natural beauty and makes you stop to enjoy its esthetic elements.
- You're encouraged to stop eating when you're 80% full.

## Know Your Garden Weeds



Weeds are traditionally the bane of the gardener's existence. The prevailing garden wisdom is that the weed is an interloper that will compete for water and nutrition, leaving our beautiful vegetables to wilt and die. What if we told you weeds could actually be here to help?

[Discover the benefits of common weeds for improving garden soil.](#)



## Here's How Much Caffeine You Need, and When, for Peak Alertness

By Rachael Rettner, Senior Writer



### How Much Caffeine Do You Need?

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